

## Maternal Smoking (AK 36-USDA 371)

### Explain to Participant

You're enrolled in the WIC program today because of the daily use of tobacco products such as cigarettes, pipes, or cigars. Women who smoke have a higher risk for certain diseases. Second hand smoke puts infants and children at risk for diseases also.

### Goal

The goal is to help to cut down or even stop smoking.

### Suggestions for Reducing Risk

Follow the recommendations of your health care provider.  
Refer to a smoking cessation program.  
Eat a variety of foods from all the food groups every day.  
Choose fruits, vegetables, whole grains and low fat dairy foods.  
Ask your health care provider about exercise.  
Drink 8 glasses of water every day

### Nutrition Education Material Suggested

#### The Facts about Smoking and Pregnancy

### Explain Applicable WIC Foods

WIC Foods	Nutrients Provided
Milk	Calcium, Vitamin A, Protein
Cheese	Calcium, Vitamin A, Protein
Eggs	Protein
Beans or Peanut Butter	Protein, Iron
WIC Juice	Vitamin C
Cereal	Iron
Carrots	Vitamin A
Tuna Fish	Protein
Salmon	Calcium, Vitamin A, Protein

### Explain What the WIC Nutrients Can Do for You!

<b>Calcium</b>	Keeps bones healthy. Helps muscles work. Helps blood clot. Helps control blood pressure.
<b>Iron</b>	Carries oxygen in your blood to your muscles. Prevents anemia. Prevents infection.
<b>Vitamin C</b>	Helps your body heal. Helps fight infections. Helps your body use the iron in the foods you eat.
<b>Protein</b>	Makes up part of every cell in your body. Builds and maintains muscles and other tissues.
<b>Vitamin A</b>	Helps keep your skin healthy and smooth. Helps you see at night.

### Materials with More Information

Pregnant? Drugs and Alcohol Can Hurt Your Unborn Baby